Suicide Prevention
Alyssa Dreiling & Misty Castro

Native Connections
Ramona Casillas

**Tucson Indian Center**
Suicide Prevention and Native Connections offer QPR and ASIST (Applied Suicide Intervention Skills Training).

QPR will teach participants the warning signs and common causes of suicidal behavior while empowering them to safely question, persuade, and refer someone who may be thinking about suicide.

**QPR training dates coming soon.**

(ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

**ASIST Training dates: April 9 & 10 June 13 & 14**

You must RSVP for these trainings.

Would you like more information? Contact us 160 N Stone Ave Tucson, AZ (520) 884-7131 suicide.prevention@ticenter.org
HELP! Whenever you need it. A call or text away, 24 hours a day.

*All contacts on this list are 24/7 unless otherwise noted.
*Electronic version - click on any logo to be directed to the agency website.

520-327-7273 or 1-800-400-1001

Teen Lifeline
602-248-8336* or 1-800-248-TEEN
Teen Peer Counselors 3PM-9PM daily.
*Texting available at this number 12PM-3PM weekdays and 3PM-9PM weekends.

520-795-4266 or 1-888-428-0101

LGBT National Help Center
1-888-843-4564

PO Box 2097
Tucson, AZ 85702

National Suicide Prevention Lifeline
1-800-273-8255
Or text: 838255

Veterans Crisis Line
1-800-273-8255
PRESS 1

There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org